



BATLEMENT MESA GOLF CLUB

3930 N Battlement Pkwy
Battlement Mesa, CO 81635
www.BattlementMesaGolf.com
(970) 285-7274

GRAND VALLEY RECREATION CENTER

0398 Arroyo Dr.
Battlement Mesa, CO 81635
www.PBMPRD.org
(970) 285-9480

WESTERN TOWN COMMUNITY PARK

273 Sipprelle Dr.
Battlement Mesa, CO 81635
programs@gvrc.net
(970) 285-9480

Golf Club Hours

Mon-Fri 7am-6pm
Saturday 7am-6pm
Sunday 7am-6pm

Rec Center Hours

Mon-Fri 5am-9pm
Saturday 9am-5pm
Sunday 12pm-5pm

Swimming Pool

Mon-Fri 8am-8pm
Saturday 10am-4:30pm
Sunday 1pm-4:30pm

Babysitting Hours

New Morning Hours!
Mon-Fri 8:30am-12:30pm
Mon-Fri 4:30pm-8:30pm

Mon. - Fri. 8a -10a is reserved for FITNESS SWIM & the pool complex is closed from 1p-2p for training and swim lessons.

Happy New Year

2024 Rates



	Monthly		Annual		Day Pass	Punch Pass
Youth	In-District	\$18	In-District	\$180	\$9	\$45 For 6 Punches
	Out-of-District	\$24	Out-of-District	\$240		
Adult	In-District	\$25	In-District	\$250	\$14	\$70 For 6 Punches
	Out-of-District	\$35	Out-of-District	\$350		
Adult Dual	In-District	\$45	In-District	\$450		
	Out-of-District	\$59	Out-of-District	\$590		
Family of Four	In-District	\$67	In-District	\$670		
	Out-of-District	\$79	Out-of-District	\$790		

Annual Membership Rate can be paid off in Four Consecutive payments.
In-District = Proof you Live Within the Parachute/Battlement Mesa Park and Recreation Taxation Boundaries

Grand Valley Recreation Center
Friday January 5, 2024

11:00 – 2:30 PM

Credit or Debit Cards Only

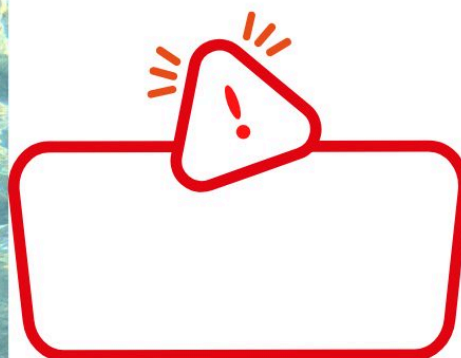


POOL SANITATION PROJECT

TUESDAY FEBRUARY 6TH
CLOSED ALL DAY
WILL REOPEN WEDNESDAY
FEBRUARY 7TH



GRAND VALLEY RECREATION CENTER



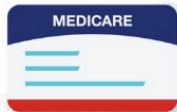
**Basketball Courts
Will Be Closed
January 2nd -
January 5th
To Install New Gym
Curtain**

Fantasy Worlds Festival

Your Parachute Branch Library invites all wizards, hobbits, fairies, and dragons to join us as we celebrate worlds of fantasy including the Wizarding World of Harry Potter, the dragons of Wings of Fire, JRR Tolkien's Middle Earth, and much more.
Enjoy games, trivia, crafts, and snacks.
We will have drawings for door prizes as well.
Costumes welcome!

*Saturday,
January 20
2pm Grand Valley
Recreation Center*





MEDICARE 101

TUESDAY JANUARY 9TH | 5PM - 6PM

LOCATION: GRAND VALLEY RECREATION CENTER

Aurora McCarroll of Passage Insurance will present an Introduction to Medicare ABCs for members and friends of Grand Valley Rec Center. During this one-hour talk, Medicare parts A, B, C & D and Medicare Supplements will be reviewed. A sample plan will be presented to explain how the options work together. This presentation is for anyone turning 65 years old, retiring and coming off group health insurance, or interested in finding out if you can save money by going on to Medicare while still working.

Cost: Free
Registration: No registration required, just show up
Refreshments Provided



GERI-FIT®
Strength Training Workout for Older Adults

Get Fit

Geri-Fit® Lifestyle Change Program Helps...

- ✓ Increase Muscular Strength
- ✓ Enhance Flexibility and Gait
- ✓ Improve Balance and Coordination
- ✓ Lessen Arthritic Conditions
- ✓ Boost Motor Skills and Reaction Time
- ✓ Manage Chronic Disease

Geri-Fit® is a 45-minute video-led strength training exercise class for older adults. Most of the bodybuilding exercises are performed seated in chairs with a set of light dumbbell weights. As you become stronger, you can advance to using heavier dumbbells in order to challenge yourself even more.

There's no dancing, aerobics, or choreography to learn and you never have to get on the floor. Enrollment is open to older adults of all ages and fitness levels... simply work out at your own pace!

Bring a set of 2 or 3-pound dumbbells, a stretch band, and water to drink.



All are welcomed to come join this class with Cora

WHERE: Grand Valley Rec Center Flex Room 1

WHEN: 9:00 Am

DATES: Starting October 12th Every Thursday



2023-2024 DANCE AND TUMBLING SCHEDULE
with Miss Shandice

DANCE CLASSES
TUESDAYS, SEPTEMBER 5TH - MAY 14TH

3-4 COMBO CLASS 4:15 - 5:00 PM

5-6 COMBO CLASS 5:00 - 6:00 PM

7-9 COMBO CLASS 6:00 - 7:00 PM

BALLET & TAP \$40 PER MONTH

TUMBLING CLASSES
THURSDAYS, SEPTEMBER 7TH - MAY 16TH

3-4 TUMBLING 4:30 - 5:15 PM

5-6 TUMBLING 5:30 - 6:30 PM

\$30 PER MONTH

Cross Country Skiing & Snowshoeing

Battlement Mesa Hiking Group, meaning that we cross country ski or snowshoe. We meet at 8:45 in the third level of the Rec Center parking lot and depart for Grand Mesa at 9:00. Travel is by carpool with the rider share being \$8.00.

We ski or snowshoe the Grand Mesa Nordic Council groomed trails at either Skyway or Countyline trailheads, until 12:00 or 12:30, then go to lunch, returning to Battlement around 2:30.

For further information, contact Tom Noel at tpnoel3@gmail.com

Winter Swim Lessons

Preschool 3-5 yrs
Mon/Wed 10am-11:15am
Jan 8th-31st \$50.00

Saturday Lessons
Level 2 & 4
10am-11am
Jan 6th- Feb 24th
8 Classes for \$50.00

Parent Tot 6mo-3yrs
Tues/Thurs 10:30am-11:00am
Feb 6th-29th \$45.00

First day will be Feb. 7th due to pool sanitation

USA BOXING SESSION

Join Us Now!



GVRC Training Sessions

Days: Modays 7:15- 8:45p
Thursdays 7:15-8:45p
Fee: \$30/session
6 Participants Max
Age: 7 - 70 Years
Men, women, and children all welcome!



Come Train With Bobby

Wraps and starter gloves will be available for purchase at the Grand Valley Recreation Center front desk. Call for more info. (970) 285-9480

- Monday** — WaterPower 9:00 AM ● Dance2BFit 9:00 AM
- Tuesday** — Laugh & Splash 9:00 AM ● Evening water aerobics 6:00 PM ● Boom Muscle 9:00 AM
- Wednesday** — Boom Splash 9:00 AM ● Dance2BFit 9:00 AM ● Flow Yoga 5:15 PM
- Thursday** — Laugh & Splash 9:00 AM ● Evening water aerobics 6:00 PM ● Geri-fit 9:00 AM
- Friday** — Boom Muscle 9:00 AM
- Saturday** — Flow Yoga 9:30 AM

SPECIAL FREE FITNESS CLASSES

- ★ Silversneakers
- ★ Active & Fit
- ★ Healthy Contributions
- ★ ALL INDIVIDUALS

For these fitness classes below

Fitness Classes 2024 Rates

\$52.00 pack of 8
\$7.00 single ticket

See next page for classes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Happy New Year</i> Closed All Day	2	3	4	5 Snow Ball Fight 5pm 	6
7	8 USA Boxing 7:15 PM \$30 per class	9	10 Adult Pick Up Basketball	11 USA Boxing 7:15 PM \$30 per class	12	13
14	15 USA Boxing 7:15 PM \$30 per class	16	17 Adult Pick Up Basketball	18 USA Boxing 7:15 PM \$30 per class	19	20
21	22 USA Boxing 7:15 PM \$30 per class	23	24 Adult Pick Up Basketball	25 USA Boxing 7:15 PM \$30 per class	26	27
28	29	30	31			

